

## **Microneedling RF**

Potenza ® Microneedling with radiofrequency (RF) is a treatment that uses multiple tiny needles to penetrate the skin to apply low level heat throughout the tissue using radiofrequency to help improve skin tightening, fine lines and wrinkles, and scarring.

The procedure takes about 15-20 minutes, however, you will be topically numbed in office for about 1 hour. The pain of the procedure differs with each patient. It usually is the most painful while the procedure is being performed, and little to no pain is felt after the procedure.

### **Prior to treatment:**

1. Keep hydrated by drinking water (at least eight cups daily) or hydrating fluids to improve treatment outcomes.
2. Avoid drinking alcohol for 24 hours in advance of treatment.
3. For three to seven days prior to treatment, at the physician's discretion, avoid therapies that may cause erythema (redness) or irritation, such as retinols/retinoids and any exfoliating acid preparations.
4. Male beards should be shaved on the day of treatment.
5. The same procedure should be followed prior to each visit.

### **Aftercare Guidelines:**

1. Do not scrub or exfoliate the skin.
2. Wash the area with warm water and gentle cleanser (**Recommended:** Bioderma® Cleansing Oil)
3. Spray face with Lasercyn® Dermal Spray
4. Apply a hydrating moisturizer (**Recommended:** Bioderma® Sebium Hydra)
5. Repeat Steps 2-4 twice daily for one week. Resume regular skin care regimen after one week.
6. Do not apply liquid makeup for 24 hours; mineral makeup is acceptable after the erythema resolves. Be sure to apply makeup with clean brushes to avoid spreading bacteria to the treated area.
7. If erythema after treatment persists, use an ice pack or cool compresses at home, but always use a protective barrier, such as a face cloth, between the skin and the ice pack.
8. Always wash your hands thoroughly before touching your face since there are micropathways opened into the dermis and hands will introduce bacteria.
9. If skin feels tight or dry, apply moisturizer frequently.
10. If you currently have skin breakouts, you may find that the condition may temporarily worsen due to inflammation or edema. Do not pick at treated tissue since doing so may result in scarring and non-healing wounds.
11. Avoid direct sun exposure for 1 week and apply sunblock daily.
12. Avoid alcohol consumption if possible.
13. For 24 hours, refrain from high intensity aerobic exercise or activities that increase the body temperature like saunas, hot tubs, steam showers or exercise (i.e., jogging, weight training, kickboxing, etc.).
14. If you experience pain or discomfort after the procedure, you can take an over the counter pain reliever like Tylenol® or Advil®.

Call the office if any problems develop: concerns regarding rash, itching, erythema, etc., for more than 24 hours.